

Tips for Success



5 Tips for Running Success:

Everyone could benefit from some friendly advice on their running journey, so we decided to put together the things we wish we knew when we started to run.

1 *Before You Get Fit, Get Fitted*

A great runner is built from the ground up. Make sure you've got the perfect shoe for your foot before hitting the pavement. If you're not sure which shoe is right for you, visit your local Running Room.

2 *Set Realistic Running Goals*

Nothing happens overnight. The road to your first race is a slow one, so don't get discouraged. You can set a goal to make your first race one in the **Canadian Running Series**.

3 *Be Proactive*

Set yourself up for success. You can be proactive about your post-run recovery. A pre-run warm up and stretch can help you spend more time training, and less sidelined.

4 *Don't overtrain*

Let yourself recover. Adequate recovery time between runs will help you train more efficiently and avoid injury. Using Voltaren Emulgel will help relieve pain, reduce inflammation and speed up the body's natural healing process to help keep you out on the road.

5 *Stay Positive (Have fun)*

Be patient, with yourself and your progress. There's a 'life is a marathon' metaphor somewhere there, but you get the picture. Running is great exercise but there's no reason it can't be fun too!

